



The Cover Letter

YOUR ONE STOP PROPERTY SERVICES SHOP

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Treat of the Month



CALL 604-833-2511 TODAY TO RECEIVE A FREE EASTER TREAT!

DIFFERENCE MAKERS



Bowling pins, inflatable guitars, wacky wigs, tight jeans, muscles, and sweat. Sounds like a great time right?! It was and soon will be! What am I talking about? On March 21st, I suited up as a 90's punk rocker in support of Big Brothers of Vancouver

"Bowl for Big Brothers" with the Vancouver Board of Trade - Company of Young Professionals. To participate we were required to raise \$50 and through the gift of great friends and family I was able to raise \$400+ for little guys in Vancouver to have a bright future.

On April 26th, a good friend who is an avid crossfitter, and his fiancée along with hundreds of others, will be dressing in their tightest jeans and doing a workout of the day in support of BC Children's Hospital. Their charity, WOD4Kids, has only been around for a year and has had a tremendous amount of support from Crossfit gyms throughout BC and I look forward to getting sweaty in my finest Canadian tuxedo! I bring this up because April 6-12 is National Volunteering Week and I value the tremendous work so many people do every day across the world in support of stronger communities. Community is paramount to a brighter future and in an age where we can so easily get caught with our eyes glued to a screen or in the drive to be important it is refreshing to take a moment and think about all the amazing people we know, and don't even know yet, who are making such a big difference in lives of everyday people. So in honor of National Volunteering Week, I salute all those who give up time in their busy weekly and monthly schedules to support others.

With love,

RYAN

Customer Care Whizz

PS. Speaking of community, thank you so much to all those who reached out to me and asked how I was doing after the fall. Your care and concern is sincerely appreciated.

PPS. I'll be running the Sun Run as planned. If you're interested in sharing a post run pint, the first one is on me. Come find me at Yaletown Brew Pub.

DOGGY DISCUSSION WITH OUR GOOD FRIEND, JAMES WOLLER, PRESIDENT - RELEASE THE HOUNDS



Q: WHAT IS RELEASE THE HOUNDS?

WWW.RELEASETHETHEHOUNDS.CA

A: Release the Hounds is one of Vancouver's premier dog walking companies. We take a holistic approach to the care we provide, and extend services to dog walking, non-kennel dog boarding, and raw food delivery. We started in 2005, and since then have grown into one of Vancouver's largest and most respected dog care companies.

Q: WHAT KIND OF DOG WALKS DO YOU PROVIDE?

A: We have something for every type of dog – whether they are big or small, young or old, hyper or low energy. Our most popular walk is the ADVENTURE hike, a 2 hour romp through the Northshore mountains or along Vancouver's dog friendly beaches. We also have the URBAN walk, which is a 1 hour jaunt in dog parks throughout the city, as well as an intense 4 hour WILDERNESS hike every Saturday. The WILDERNESS hike is perfect for those athletic dogs who need to burn off a lot of energy on the weekend. ADVENTURE, URBAN, and WILDERNESS hikes are all group walks, with no more than 6 dogs in a group at a time. We also offer PRIVATE walks, which are perfect for puppies who are not yet socialized or trained (we can help with training, by the way!), dogs with aggression issues, and older or special needs dogs who need one-on-one care. Basically, we can tailor the walk to your dog's specific needs.

Q: WHAT IS YOUR FAVOURITE RELEASE THE HOUNDS STORY OR EXPERIENCE?

A: I will never forget the time a new client told me that her dog, Roxie, had quickly come to love the group hikes and couldn't get enough of them. When I asked her how she knew this, she proceeded to tell me that the day prior she was taking Roxie for a walk down the street from her apartment. Roxie spotted one of our RTH mini-vans and bolted to the van, wanting to hop onboard with the rest of her crew. It was only then that the owner realized just how intensely Roxie loved her walks. Unfortunately, it wasn't one of Roxie's hiking days and the van was picking up a neighbour's dog. This definitely solidified for me how important the walks are for the dogs we walk. They love their walkers, the socializing that takes place with their dog pals, and the regular exercise.

LERMY LIFE HACKS - VANCOUVER PUBLIC LIBRARY

Did you know the Vancouver Public Library is the 2nd largest library in Canada!? You bet! With more than 2.8 million items in its collections, 22 branches, approximately 375,000 cardholders, and nearly nine million item borrowed annually.

The amazing thing about libraries these days is how much money can be saved using your library card. The Vancouver Public Library carries over 46,000 movies which can save you on iTunes rentals, Netflix, and other movie rental charges. Looking for a book? You are able to download ebooks directly to the iPad, iPhone, Android tablets, Kobo and many more! (Bonus, this may get you reading more than just my monthly newsletter!) Lastly, my personal favourite, is the collection of audiobooks the library has. Whether driving, running, or doing a Costco run I'm bound to have the headphones in and absorbing lots of great knowledge. Recently I flew through Wild by Cheryl Strayed and Tracy is glued to The Goldfinch by Donna Tartt.

What are you reading these days? I'd love to know. Email, phone, or tweet @ryanlermitte



5 Tips to Tweak Your Routine

BY JEFF GALLOWAY | RUNNER'S WORLD

Plenty of runners lock into a running routine and rarely change it. And that's fine; just getting out the door can bestow a sense of accomplishment and boost your mood. But deviating from your standard practice can make you faster and stronger, and stoke your motivation.

When you start changing things up, it's best to try one tweak at a time so you can see what works and what doesn't before moving on.

1. WHEN YOU RUN EASY

Do 4 to 8 30-second cadence drills over the course of your run. Count the number of times your right foot hits the ground; aim to increase that number. Take low, quick steps. These drills will increase your turnover, so you run more efficiently.

2. WHEN YOU RUN HILLS

Try to sing a song. Climbing should never get so hard that you're huffing and puffing and can't talk (or sing).

3. WHEN YOU RUN FAST

Bring a friend. A buddy will boost your motivation and morale and help you push when it would be more comfortable to quit. Don't compete with each other, but don't let your pal off the hook, either—encourage each other to complete the day's goals.

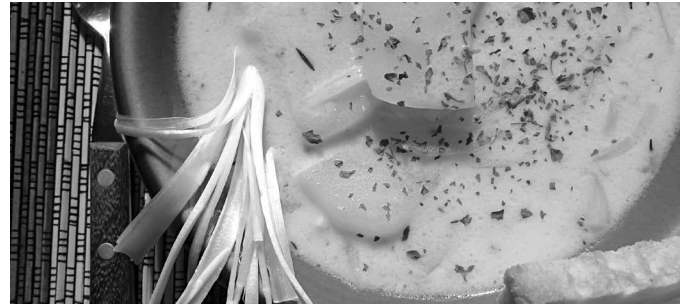
4. WHEN YOU RUN LONG

Take more frequent walk breaks. If you currently do a ratio of one minute running and one minute walking, reduce it to 45 seconds of running, one minute walking. It will help you run farther, minimize soreness, and hasten your recovery.

5. WHEN YOU RACE

Make your first mile the slowest mile. Gradually increase the pace, but every five minutes or so, slow your speed for one minute so you stay strong to the finish.

ROASTED BUTTERNUT SQUASH & SAGE SOUP



- 1 medium butternut squash, peeled, seeded, and chopped
- 3 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper, to taste
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh sage
- 1 (15.5-ounce) can chicken or vegetable broth
- ¼ cup milk
- ¼ cup greek yogurt
- Heavy cream, for garnish
- Chopped walnuts, for garnish

Preheat oven to 400 degrees F and line a baking sheet with parchment paper.

Place butternut squash onto prepared baking sheet. Add 2 tablespoons olive oil, salt and pepper, to taste, and gently toss to combine. Place into oven and roast until softened and cooked through, about 40 minutes. Let cool 5 minutes before pureeing in a blender until smooth.

Heat remaining 1 tablespoon olive oil in a large stockpot or dutch oven over medium heat. Add garlic and sage and cook, stirring frequently, until fragrant, about 1-2 minutes. Add chicken broth and ½ teaspoon salt and bring to a boil; reduce heat and simmer for 5 minutes. Remove from heat and stir in milk and greek yogurt.

Puree with an immersion blender; season with salt and pepper to taste.

Serve immediately, garnished with heavy cream and walnuts.

Wordsearch Fun

Fill it in, take a picture, post to Facebook or Twitter, or email the office and we'll send you a \$10 gift card to Starbucks.

n p u r e t s a e l t v b y b
k r w w k j b y l m l u l n r
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showers
blossoms
umbrella
raincoat
sunshine
easter
basket
bunny

Special congrats to Kai B. for being the first to send in a completed Wordsearch!

Favourite text of the month

"Loved my newsletter! Any time you want to branch out to the island there would be lots of business here! So assuming I'd be your first customer, my birthday is Dec25- who cares what year! :) So send me a surprise too! Hugs. gMac"

APRIL EVENTS

VANCOUVER CHERRY BLOSSOM FESTIVAL – April 3rd-28th

CHERRY JAM DOWNTOWN CONCERT – April 3rd

SAKURA ILLUMINATION AT GRANDVILLE ISLAND – April 4th

BLOSSOM BOLLYWOOD DANCE AT VANCOUVER ART GALLERY PLAZA – April 12th

FAN EXPO IN DOWNTOWN VANCOUVER – April 18th-20th

THE GREAT-A-MAZING EGG HUNT AT VANDUSEN GARDENS – April 26th

30TH ANNUAL VANCOUVER SUN RUN – April 27th

ECO FASHION WEEK – April 27th-29th



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